

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>NEW YEARS STAT CLOSED</div>	2	3	4	Garden Fresh Box orders Due! 5
**Reminder: Majority of Health Promotion Programs will end on Dec 15th and resume January 8th**				
8	9	10	11	12
9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)	8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual)	9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion) 6:00pm Cooking Buddies (Samia)	8:30am Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford)	9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 9:30am Low Impact (Thedford) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)
15	16	Garden Fresh Box Pick Up! (Forest) 17	Garden Fresh Box Pick Up! (Watford) 18	19
9:30am Low Impact (Thedford) 10am Coffee Time (Kettle Point) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion) 2:30pm New Years, Goals that Stick Workshop (Virtual)	8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual)	9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 10:00am Men's Cooking Class 1:30pm Infant Feeding Class (Virtual) 1:30pm Low Impact (Forest Legion)	8:30am Low Impact (Forest Arena) 10am Dietitian EarlyON Visit (Forest EarlyON Centre) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford)	9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 9:30am No Low Impact (Thedford) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)
22	23	24	25	26
9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)	8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual) 12pm BMI Class— Protein 101 (Virtual) 6:00pm Cooking Buddies (Forest)	9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion) 1:30-3:30pm Mindful Eating Program (Virtual)	8:30am Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford) 6:00pm Cooking Buddies (Corunna)	9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 9:30am Low Impact (Thedford) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)
29	30	31	<div>January '24</div> <div>Events are free to all! See back for more info or call Health Promotion at 519-786-4545 X 235</div> <div>   </div>	
9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion) 6:00pm Cooking Buddies (Brigden)	8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual)	9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion) 1:30-3:30pm Mindful Eating Program (Virtual)		

# We now offer online program registration!!

Please visit <https://www.nlhc.com/services/wellness-programs/> (Be sure to specify which program you are registering for on the top of the form.)

## In Person Programs

**Coffee Time Social Drop-in:** Scheduled meeting places for anyone interested in coffee and socializing.

- **Arkona:** Fridays at 9:00am ( @ Orchard View Apartments—7294 Arkona Rd)
- **Forest NLCHC:** Fridays at 9:30am ( @ NLCHC-downstairs in Crozier Hall—59 King St. Forest)
- **Kettle Point:** First and third Mondays at 10am ( @ Kettle Point Elders Lodge—9260 Lake Road, Kettle & Stony Point First Nation)

**Cooking Buddies:** Children's cooking classes for ages between 6-12 years old. The class will focus on learning to read recipe cards, measure ingredients, try new foods, and to have fun! Classes will run monthly. **CLASSES ARE FULL AT THIS TIME!** Locations: Jan 10th @ 6-7:30pm (Sarnia—429 Exmouth St. Sarnia), Jan 23rd @ 6-7:30pm (Forest—59 King St. Forest), Jan 25th @ 6-7:30p.m. (Corunna-St.Joseph's Church, 346 Beresford St) and Jan 29th @ 6-7:30pm (Brigden—2435 Courtright Line. Brigden).

**Dietitian EarlyON Visit:** January 18th @ 10-11:30am (@ForestEarlyON Centre-63 MacDonald St. in Forest, use Morris St. entrance). Have questions about feeding your baby? Come with your questions about breast, bottle and first foods. No registration required!

**Garden Fresh Box:** The Garden Fresh Box is an inexpensive monthly food buying club for anyone who wants fresh vegetables and fruit all year round. For more information, call 519-786-4545 ext. 235

**Low Impact Exercise:** Low impact exercises performed using body weight and resistance bands. All abilities welcome. To register call 519-786-4545 ext. 235 or email [ktieman@nlhc.com](mailto:ktieman@nlhc.com)

- **Forest Low Impact:** Tuesdays & Thursdays at 8:30am ( @ The Shores Rec Centre gymnasium—7883 Amtelecom Parkway, Forest ) and Mondays and Wednesdays from 1:30-2:30pm ( @ Forest Legion—58 Albert St, Forest)
- **Camlachie Low Impact:** Mondays, Wednesdays and Thursdays at 10am (@ Camlachie Community Centre—6767 Camlachie Rd)
- **Thedford Low Impact:** Mondays, Wednesdays and Fridays at 9:30am (@ Thedford Legacy Centre—16 Allen St, Thedford)
- **Watford Chair Exercise:** Tuesdays and Thursdays at 10-11am (@ Watford Legion—5275 Nauvoo Rd, Watford.) This exercise class is low impact chair exercise that will be in group setting in person with having online fitness instructor leading the class. **\*NEW!!**

**Men's Cooking Class:** January 17th at 10:00-12:30p.m (@ NLCHC—59 King St. Forest) Lets build on our cooking skills with basic healthy cooking and learn new recipes. We will prep, cook a meal and then enjoy it together. Registration is required. Contact Sam at 519 786 4545 ext. 327 or email [srivers@nlhc.com](mailto:srivers@nlhc.com)

## Virtual Programs

**Body & Mind Inspired Class:** January 23rd (Zoom) @ 12:00-1:00p.m This BMI group is health and wellness support group that is led by 2 registered Dietitians focusing on nutrition. This program is offered bi-monthly. This month's focus is on Protein 101. To register, call 519-786-4545 ext. 302 or email [bvanbree@nlhc.com](mailto:bvanbree@nlhc.com)

**Eat Well, Live Healthy Wellness Workshop:** Virtual discussion with our Registered Dietitian to discuss about healthy eating, nutrition tools, resources and more! For more information about dates/time and to register, call 519-786- 4545 ext. 307.

**Heart Healthy Living:** Virtual discussion with our Registered Dietitian to discuss about types of cholesterol, heart smart diet and healthy heart lifestyle habits. For more information about dates/time and to register, call 519-786- 4545 ext. 307.

**Infant Feeding Class:** January 17th @ 1:30-3p.m. Learn about up to date guidelines, how to progress texture modifications, baby led weaning, healthy meal and snack ideas and much more! To register call 519-786-4545 ext. 307.

**Mindful Eating Program:** This is a four week program that runs Jan 24th, Jan 31st, Feb 7th and Feb 21st. @ 1:30-3:30pm. Learn how to practice mindful eating and become more in tune with your body's natural hunger response. To register, call 519-786-4545 ext. 307.

**New Years, Goals that Stick:** January 15th @ 2:30pm. Join is to learn tips and tricks to ensure you stick to your goals for 2024! To register, call 519-344-3017 ext. 279 or email [mhyatt@nlhc.com](mailto:mhyatt@nlhc.com)

**Shibashi/Sit or Stand Combo:** Fridays @ 10:15am—75 min class. A combination of movements used in Shibashi and Sit or Stand classes. Shibashi is—Tai chi/qigong is a practice of aligning breath and movement for exercise and health. Shibashi consists of 18 simple steps. It is easy to learn and perfect for beginners. Sit or Stand is performed with the options of either standing or seated in a chair. Resistance bands are used. All exercise abilities are welcome. To register, call 519-344-3017 ext. 237 or email [reveraert@nlhc.com](mailto:reveraert@nlhc.com).

**Sit or Stand:** Tuesdays @ 10:15am—60mins. This exercise is performed with the options of either standing or seated in a chair. Resistance bands are used. All exercise abilities are welcome. To register, call 519-344-3017 ext. 237 or email [reveraert@nlhc.com](mailto:reveraert@nlhc.com).

Connect with us on our social media pages for all updated information regarding our programs/events!



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